



Profiles in Wellness



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I climbed Mt. Kilimanjaro in September. I was invited to join a team with Erik Weiheymayer, the blind mountain climber who has climbed the 7 summits. Although I was already walking on a fairly regular basis, this trip was the motivation for me to lose the extra 20 pounds that needed to come off. I began training...walking 4 to 6 miles each morning, swimming a mile, and walking on the stairmaster, in addition to working one on one with a trainer for strength training. I traveled to Colorado to make a practice climb on a 14,000 peak in August. When I returned I knew it was time to get serious with my training and I began walking with my backpack and boots and climbing the stairs – at a local bank building and a local hospital.

Our climb took a total of 8 days – reaching the summit early on September 7th, my 52nd birthday! Climbing Mt. Kilimanjaro was a real test of endurance and strength and a wonderful opportunity to meet some real life heroes. I am continuing my walking and strength training and my next adventure is to walk in my first marathon in January.